

TOWN OF HAMPDEN
RECREATION DEPARTMENT
106 WESTERN AVENUE
HAMPDEN, ME 04444

Postal Customer
ECR-WSS



Hampden Recreation

PROGRAM GUIDE

FALL 2012



CHECK THIS OUT!

- ☺ *New TEAM MEETING For Fall Soccer and Beginner Kicks Program*
- ☺ *New Coverage Period for Program Guide...Look for our Winter I packet delivered to your mailbox in Late October!*
- ☺ *Contains contact information for other recreation groups!*

Hampden
MAINE
The Community of Choice in Central Maine

Department Policies and Miscellaneous Program Information

Late Registration Fee

Late registrations will only be accepted on a space available basis. Registrations received after the program deadline will be charged an additional **\$10.00** per program participant. Please enclose the late fee with your registration payment. Participants will not be registered until this fee is paid.

Registrations will not be accepted on or after the first day of any program, unless otherwise noted. Registrations received after the deadline are not guaranteed a t-shirt (where applicable).

Program Confirmation

No News Is Good News...We do not send or call with confirmations. Consider yourself and/or your children enrolled in the program of your choice when you send in the completed registration form and payment. Some programs may have limited enrollment and may fill. In such cases, the office will notify you and ask if you want to be put on a waiting list. Individuals we are unable to accommodate will receive a refund in full.

Weather Cancellations

Cancellations will be made by 3 PM for weekday programs and early on Saturday morning for Saturday programs. Cancellation announcements are left on the office answering machine for after hours callers, posted on the town website, and on the Hampden Recreation Facebook page. The Recreation Department phone number is 862-6451. **PLEASE NOTE:** Recreation programs are not held when school is cancelled, released early, or when SAD #22 after-school activities are cancelled.

Picture/Video Waiver

Participants in Hampden Recreation programs may occasionally be photographed or videoed for future publicity. If you do not wish for your image to be used, please contact the office or a staff member present where images are being captured.

Refund Policy

Refunds will be paid in full if a request is made one week prior to the first day of the program. For requests received less than one week prior to the program beginning, and up to the end of the first week of programming, refunds will be issued for the program cost minus a \$5.00 administrative fee, unless otherwise noted. No refunds will be issued after the first week of programming. Any individual dismissed from a program is not entitled to any refunds. Refunds are not issued due to participants not knowing the start date of the program.

Payment Policy

Payment in full is expected at the time of registration for all programs. Please make checks payable to the *Town of Hampden*. Payment is accepted in cash or check only. Participants who have an outstanding balance will not be allowed to participate in the current session or future sessions until the balance is paid in full.

Returned Check Fee

The Town of Hampden has a returned check fee of \$20.00. This fee must be paid in cash. All future registration fees for programs must be paid in cash.

Late Pick-Up Policy and Charges

Program participants should be picked up promptly at the scheduled ending time for the program in which they are enrolled. Please be conscious of this and respect the private time of our staff, most of whom have other jobs to get to, or personal matters to take care of. Each participant picked up late will be charged \$10.00 per fifteen minutes or fraction thereof.

Program Changes

Every effort has been made to ensure the accuracy of the information presented in this program guide. However, all courses, instructors, locations, and fees are subject to change.

Program Registration Form

| Name | Gender | Grade | D.O.B. | Age | Program | Fee |
|------|--------|-------|--------|-----|---------|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Email Address

Phone #

Mailing Address

Parent Name

Work or Cell Phone #

Parent Name

Work or Cell Phone #

Emergency Contact Name

Contact Phone #

Family Physician Name

Physician Phone #

Allergies or Dietary Considerations?

Medical or Behavioral Challenges?

Participation in this activity may involve risk of injury or death. As a parent, guardian, or participant I am aware of these hazards and my/(my child's) ability to participate. In registering for participation in the program(s) listed above, I hereby waive and release all rights and claims against the Town of Hampden, its officers, employees, agents, volunteers and supervisors from all losses, injury, damages, fees and other expenses arising out of, or in connection with participation in the above registered activity. In addition, I give my consent for the Hampden Recreation Department and staff to act in my place in all respects should the need arise during the course of this activity or related travel. This shall include but not be limited to obtaining medical care.

Parent/Guardian Signature

Date

Session Registering
For?

- ☐ Fall
☐ Winter I
☐ Winter II
☐ Spring
☐ Summer

I would be happy to volunteer some
time to:

- ☐ Coach A _____ Team
☐ Assist A _____ Team

Hampden Recreation
106 Western Avenue
Hampden, ME 04444
207-862-6451

FOR OFFICE USE ONLY

PAID: _____
CH. CK#: _____
DATE: _____



A Hearty Thank You To All Hampden Recreation Program Volunteers

So many people take time out of their busy lives to give to the kids of this community. On behalf of the Hampden Recreation Department and the many program participants, we would like to thank the many volunteers who put having fun and teaching teamwork first. Your patience, compassion, and enthusiasm are greatly appreciated.

If you have any interest in sharing some time with our participants, please contact the Recreation Department. We continually look for volunteer coaches and officials for many of our team sport programs. Most programs are eight weeks in length and require a time commitment of a few hours a week. Volunteers should have a desire to work with children, a willingness to teach teamwork and fair play in a non-competitive environment, and the ability to provide equal play time amongst team members. A minimal amount of sports knowledge is needed, and often the Recreation Department has resource materials available in our lending library.

Recreation Contacts

Bronco Youth Football (grades 3-6) Joe Oliver 862-5253
 Bronco Travel Basketball (grade 3-8) Nick Winchester 862-6450
 Bronco Travel Soccer (ages 8-14) Sonja Parker 862-4142
 Hampden Seniors (age 55 +) Rose Graham 862-3478
 Hampden Newburgh Little League (age 7-16) Pete Huston 862-2117
 Hampden Children's Day (3rd Sat. in August) Kurt Mathies 862-6451

PROGRAM OFFERINGS

| | |
|---------------------------------------|---------|
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| Beginner Kicks Instructional Soccer | page 4 |
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| Air Rifle Instruction and Competition | page 7 |
| Fall Cheering | page 7 |
| Karate | page 8 |
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Other Information

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|------------------------|-----------|
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| Pool Parking Map | page 14 |
| Hampden Children's Day | page 15 |
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CONTACT INFORMATION

Hampden Recreation Department
 Hampden Town Office
 106 Western Avenue
 Hampden, ME 04444

Phone: 207-862-6451 Fax: 207-862-5067
 Email: hampdenrecreation@yahoo.com
 Website: www.hampdenmaine.gov

Office Hours
 Monday –Thursday
 7:30 am to 6 pm
 Closed Fridays

Recreation Department Staff

Kurt Mathies; Department Director
 Shelley Abbott; Department Assistant Director
 Jill McLaughlin; Youth Program Coordinator

Coed Adult Volleyball

Pick up program offered for all skill levels.

Target Group: Adults 18 +

Program Day: Sundays

Program Time: 6-8 PM

Program Location: Hampden Academy Gym

Session Dates: September 16, 2012-May 19, 2013

Program Holidays: TBD

Fee Per Night: \$1.00 per person, per night

Registration Deadline: Drop In Program

Beginner Kicks PK-K Instructional Soccer

Specifically programmed for the PK-K age group, this program will include 4 weeks of skill nights and a Saturday AM game. **Volunteer coaches are needed for this program.**

Target Group: PK (age 4, 5) and K

Skill Night Dates: Thursdays, September 13, 20, 27, and Oct. 4, 2012

Skill Night Time: 5-6 PM

Game Dates: Saturdays, September 8-October 27, 2012

Game Time: 8:15 AM

Program Location: Lura Hoit Pool Field

Minimum/Maximum: NA/12 per team

Instructor: Kurt Mathies and PK/K Volunteer Coaches

Fee For Clinic: \$30.00 Hampden Resident

\$35.00 Non Resident

Registration Deadline: Tuesday, September 4, 2012

What to Wear/Bring: Shin Guards

Program Note: Saturday, September 8, come and meet your coach, and pick up your team tee shirt. **Calls will not be made by coaches this year! Meeting Time is 8:30 AM on Saturday, September 8th!**



Is The Weather Bad? Wondering If A Program Is Cancelled?

Weather Cancellations are made by 3 PM on the day of a scheduled weekday program, and by 8 AM for weekend programs.

Log on to the town website at www.hampdenmaine.gov

Look under town departments, recreation, and program cancellation notice.

If you do not have internet access, call the Hampden Recreation Department at 862-6451. The office hours are 7:30 AM to 6 PM; Monday through Thursday. We are closed on Fridays!

Cancellation announcements will also be left on the office answering machine.

Should the need arise to cancel due to a non-weather event or poor field conditions; we will contact team coaches who should contact their team.



Check Us Out On Facebook!

Registration Deadline Reminders

New Program Information

Program Reminders

Search Hampden Recreation on Facebook

or

Visit www.hampdenmaine.gov

Look under town department and recreation for a link to our page!

Fall Soccer

Game play where little emphasis is placed on winning. One practice per week (weekday evenings at discretion of volunteer coach).
Volunteer coaches are needed for this program.

Target Group: Grade 1 through Grade 8 (PK-K see page 4)

Game Day: Saturdays

Game Time: TBD, Between 9 AM and 1 PM

Program Location: Lura Hoit Pool Field

Minimum/Maximum: NA/12 per team

Session Dates: September 8-October 27, 2012

Fee Per Session: \$30.00 Hampden Resident
\$35.00 Non Resident

Registration Deadline: Tuesday, September 4, 2012

What to Wear/Bring: Shin Guards

Program Note: Saturday, September 8, come and meet your coach, and pick up your team tee shirt. **Calls will not be made by coaches this year! Meeting Time per grade group below:**

Saturday, September 8th

Grade 1/2 9:30 AM

Grade 3/4 10:30 AM

Grade 5-8 11:15 AM



Fall Soccer Team Meeting

Meet your coach, pick up your team tee shirt, and hear about this year's program! No Calls will be made this year!

Saturday, September 8-Lura Hoit Pool Field

PK/K 8:30 AM

Grade 3/4 10:30 AM

Grade 1/2 9:30 AM

Grade 5-8 11:15 AM

Flag Football

Learn fundamentals of the game of flag football, in a fun environment. Skill development and game play will be included. A Hampden Academy half time performance is also planned (date TBA).

Volunteer Coaches Are Needed For This Program.

Target Group: Grades K-3

Program Day: Saturdays

Program Time: 1-3 PM

Program Location: Lura Hoit Pool Field

Minimum/Maximum: 12/40

Session Dates: September 15-October 27, 2012

Fee For Session: \$30.00 Hampden Resident
\$35.00 Non Resident

Registration Deadline: Monday, September 10, 2012

What to Wear/Bring: Dress for outside weather, loose clothing allowing free movement.



Flag Football Volunteer Coach/Assistant Meeting

September 15, 2012

12:30 PM

Lura Hoit Pool Field

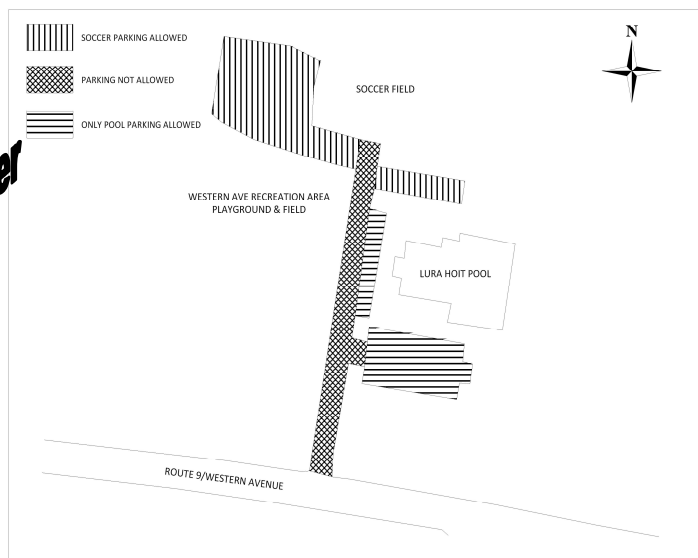
Meeting will include: Skills/Drills Ideas, Working With Children, Schedule For Typical Saturday Program

Team Tee Shirts Will Be Given Out



Saturday, August 18, 2012

- | | |
|------------|--|
| 7-9 AM | Pancake Breakfast Kiwanis Hall |
| 8:30 AM | Craig McBean Memorial 5 K Run/Walk and Fun Run |
| 9-10 AM | Book Reading/Signing by Katie Clark; Highland Preschool |
| 9:30 AM | Bike Decorating for riding in parade **helmets required** |
| 11 AM | Parade (begins Reeds Brook, ends at junction of RT 9 & 202) |
| 12-1 PM | Book Reading/Signing by Katie Clark; Highland Preschool |
| 12-4 PM | Activities To Include: Quarter games, touch a vehicle, bounce house, Tae Kwon Do break a board, hockey skills, wildlife zoo encounter, face painting, kid's craft, inflatable obstacle course |
| 12-8:15 PM | Entertainers Scheduled: |
| 12:30-1 | Top Hat Dancers |
| 1:15-2 | Zachary Field-gravity vaudeville show |
| 2:15-3:15 | ATA Martial Arts-"Ninja Recital" |
| 3:30-4:15 | Amazing Lou-magician, balloon artist |
| 4:30-7 | Trever Kohl's-DJ |
| 7:15-8:15 | Midnight Rose-live music |
| 8:15 PM | Parade Awards |
| 8:30-9 PM | Fireworks Display |
| 9-10 PM | Midnight Rose-live music |



Parking at the Lura Hoit Pool complex is very tight! Both facilities offer programming during the Saturday morning hours and in order to accommodate patrons of both facilities we ask that you please try to remember the following regarding your parking.

1. Park in the designated lots for soccer families not in the pool lots. (see map above)
2. Please leave promptly at the end of your game. We only allow a 15 minute buffer to get families in and out and we need every spot for incoming game participants. If your children would like to remain to play at the playground please move your vehicle to Western Avenue during playground time.
3. Please leave handicap parking spots available for those needing them.
4. No parking along the fire lane located along the driveway edge of the facility.
5. Parking along Western Avenue is available for soccer families as an option for overflow needs. Please be certain to pull as far over out of the travel lanes as possible, and use the cross walk when crossing Western Avenue.
6. Drive slowly when entering and exiting the facility...with so many children around we want everyone to be as safe as possible!

Thank you for your help and attention with this matter.

~Hampden Recreation and Lura Hoit Pool Staff~

Air Rifle Instruction and Competition Program

Participants will receive instruction on the safe and proper use of the rifle, along with marksmanship training for competition.

Target Group: Girls and Boys Age 14-18

Program Day: Mondays, Begins September 17, 2012

Program Time: 6 PM

Program Location: VFW Hall, Canoe Club Road, Hampden

Program Contact: Curt Slininger

Fee Per Session: \$5.00 Per Week

Special Instructions: This program is sponsored by the American Legion Post #214 in Hampden and the Hampden Rifle and Pistol Club. Please direct specific questions to Curt Slininger at 862-2153, or sctmstr72@yahoo.com. Sign up is through contact only.

Fall Cheering

This program will introduce cheering skills and give the opportunity to display those skills. A Hampden Academy Football, half time performance is also planned (date TBA).

Target Group: Grades K-6

Program Day: Saturdays

Program Time: 1-3 PM

Program Location: Lura Hoit Pool Field

Minimum/Maximum: 8/25

Instructor: TBA

Session Dates: September 15-October 27, 2012

Fee For Session: \$30.00 Hampden Resident

\$35.00 Non Resident

Registration Deadline: Monday, September 10, 2012

What to Wear/Bring: Dress for outside weather, loose clothing allowing free movement.

Karate

Non-contact Shotokan Karate lessons designed to teach self-defense, physical and mental health, and self discipline. Sessions are offered throughout the school year. Participants must register for each session.

Target Group: Grade K and Older

Program Day: Mondays

Program Time: 6-7 PM

Program Location: Weatherbee School Gym

Minimum/Maximum: 6/12

Instructor: Bruce Barker

Session Dates: September 10-November 5, 2012

Program Holidays: October 8, 2012

Fee Per Session: \$65.00 SAD 22 Resident
\$70.00 Non Resident

Registration Deadline: Tuesday, September 4, 2012

Little Stars Sports Sampler

This program offers the chance for socialization and a sampling of sports activities. Parents must remain onsite for this program.

Target Group: Age 3 or 4 (by registration deadline)

Program Days: Sundays

Program Time: 9-9:45 AM

Program Location: Weatherbee School Gym

Minimum/Maximum: 6/8

Instructor: Shelley Abbott

Session Dates: October 14, 21, 28, November 4, 11, 2012

Program Fee: \$30.00 SAD 22 Resident
\$35.00 Non Resident

Registration Deadline: Tuesday, October 9, 2012 or until full

Coed Adult Basketball

Pick up program offered for all skill levels.

Target Group: Adults 18 +

Program Day: Sundays

Program Time: 5-6 PM

Program Location: Hampden Academy Gym

Session Dates: September 16, 2012-May 19, 2013

Program Holidays: TBD

Fee Per Night: \$1.00 per person, per night

Registration Deadline: Drop In Program

Horseback Riding

Four week instructional program that will teach health, science, grooming, handling, and riding.

Target Group: Age 7-13 Beginners

Program Dates: Wednesdays, September 5, 12, 19, 26, 2012

Program Time: 4:30-5:30 PM

Program Location: Horsefeathers Farm, Back Winterport Road, Hampden

Minimum/Maximum: 3/6

Instructor: Lisa Kingsbury

Fee Per Session: \$75.00 Hampden Resident
\$80.00 Non Resident

No Refunds For This Program

Registration Deadline: Thursday, August 30, 2012

What To Wear/Bring: Long pants, shoe with heel

Lura E. Hoit Pool

Swim Lessons Session I

September 9-November 17, 2012

10 Weeks

Registration Starts August 13 For Hampden Residents and Pool Members Only

Registration Starts August 14 For The Public

Infant/Toddler

*Monday 10:00-10:30

Saturday 10:00 -10:30

Preschool

*Monday 9:30-10:00, 4:00-4:30, 4:30-5:00

Tuesday 3:30-4:00

Wednesday 3:30-4:00, 4:30-5:00

Thursday 10:00-10:30, 4:00-4:30

Saturday 10:30-11:00, 11:30-12:00, 1:00-1:30

Beginner

*Monday 3:30-4:00

Tuesday 4:00-4:30

Wednesday 4:00-4:30

Thursday 3:30-4:00

Friday 4:30-5:00

Saturday 10:30 -11:00, 1:00-1:30

Intermediate/Swimmer Combo Class

*Monday 4:00-4:30

Saturday 1:30-2:00

Water Tots

Tuesday 10:00 - 10:30

Saturday 11:00 - 11:30

Advanced Preschool

Wednesday 4:00-4:30

Saturday 11:00-11:30

Advanced Beginner

*Monday 4:30-5:00

Tuesday 4:00-4:30

Wednesday 4:30-5:00

Thursday 4:00-4:30

Saturday 11:30-12:00

Lesson Costs

| | Resident | Non-Resident |
|------------|------------------|------------------|
| Member | \$45.00/*\$41.00 | \$60.00/*\$54.00 |
| Non-Member | \$55.00/*\$50.00 | \$70.00/*\$63.00 |

No make-ups for missed classes

* Closed Monday, 10/8, Columbus Day

No refunds or credits for withdrawals after 2 weeks

We are currently accepting applications for Susan G Abraham Memorial Endowment Scholarship

Lura E. Hoit Pool

Aqua Exercise Classes

| | | |
|--------------------|---------------|----------------|
| Aqua Exercise | Mon, Wed, Fri | 7:30 - 8:30 AM |
| Gentle Aerobics | Mon, Wed, Fri | 11:30-12:30 PM |
| Aqua Exercise | Tue & Thur | 5:30-6:30 PM |
| Masters Swim Class | Tue & Thur | 6:15-7:15 AM |

Cost

| | Punch Card for 10 Classes | |
|------------|---------------------------|--------------|
| | Resident | Non-resident |
| Member | \$25 | \$30 |
| Non-member | \$30 | \$35 |

Punch cards are non-transferable and non-refundable

| Drop-in cost (as of 9/21/11) | |
|------------------------------|--------------|
| Resident | Non-resident |
| \$4.00 | \$5.00 |

Due to the uncertain fate of the old Hampden Academy site, and Hampden Recreation's commitment to give as reliable information about our programs as possible, Program Guides for future sessions will be mailed out for each session separately. Look for the Winter I Session Program Guide in mailboxes late October 2012.

Lura E. Hoit Pool Schedule September 9 -November 17, 2012

Session I

PAGE 10

PAGE 11

Phone: 862-4305

Closed 10/8 Columbus Day and 11/11 Veterans' Day

www.hampdenmaine.gov

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|------------|----------------------------|----------------------------------|----------------------------------|----------------------------------|---------------------------------|----------------------------------|-------------------------------|------------------------------|
| 6 - 7 AM | | LAP 6:00 - 7:30 | Masters Swim 6:15 – 7:15 | LAP 6:00 - 7:30 | Masters Swim 6:15 – 7:15 | LAP 6:00 - 7:30 | | 6 - 7 AM |
| 7 - 8 AM | | Aqua Ex 7:30 – 8:30 | | Aqua Ex 7:30 – 8:30 | | Aqua Ex 7:30 – 8:30 | | 7 - 8 AM |
| 8 - 9 AM | | | | 8 - 9 AM | | | | |
| 9 - 10 AM | | Open*/Lap 8:30 - 9:30 | Open*/Lap 7:30 - 10:00 | Open*/Lap 8:30 - 10:00 | Open*/Lap 7:30 - 10:00 | Open*/Lap 8:30 - 9:30 | | 9 - 10 AM |
| 10 -11 AM | | Swim Lessons 9:30 – 10:30 | | | | Business Rental 9:30 - 10:30 | | 10 -11 AM |
| | | Open*/Senior 10:30 – 11:30 | Open*/Senior 10:30 – 11:30 | Open*/Senior 10:30 – 11:30 | Open*/Senior 10:30 – 11:30 | Open*/Senior 10:30 – 11:30 | Open*/Senior 10:30 – 11:30 | Swim Lessons 10:00 -12:00 |
| 11 - 12 PM | Open*/Lap 11:00 – 1:00 | Gentle Aerobics 11:30 - 12:30 | Business Rental 11:30 - 12:30 | Gentle Aerobics 11:30 - 12:30 | Business Rental 11:30 -12:30 | Gentle Aerobics 11:30 - 12:30 | LAP 12:00 - 1:00 | 12 - 1 PM |
| 12 - 1 PM | | Open*/Lap 12:30 – 1:30 | Open*/Lap 12:30 - 1:30 | Open*/Lap 12:30 – 1:30 | Open*/Lap 12:30 - 1:30 | Open*/Lap 12:30 - 1:30 | | Swim Lessons 1:00 – 2:00 |
| 1-2 PM | Pool Rental 1:00 -2:00 | | | | | | | |
| 2-3 PM | | Clean Pool 2:00 – 3:00 | Clean Pool 2:00 – 3:00 | Clean Pool 2:00 - 3:00 | Clean Pool 2:00 – 3:00 | Clean Pool 2:00 – 3:00 | Pool Rental 2:00 - 3:00 | 2-3 PM |
| 3-4 PM | Family Swim 2:30 – 4:00 | Swim Lessons 3:00 - 5:00 | Swim Lessons 3:00 – 4:30 | Swim Lessons 3:00 - 5:00 | Swim Lessons 3:00 – 4:30 | Swim Lessons 3:00 - 5:00 | Family Swim 3:30 – 5:00 | 3-4 PM |
| 4-5 PM | | | Family Swim 4:30 – 5:30 | Family Swim 4:30 - 5:30 | Family Swim 4:30 – 5:30 | Family Swim 4:30 - 5:30 | | 4-5 PM |
| 5-6 PM | Pool Rental 4:30 - 5:30 | Family Swim 5:00-6:30 | Aqua Ex 5:30 – 6:30 | Family Swim 5:00-6:30 | Aqua Ex 5:30 – 6:30 | Family Swim 5:00-6:30 | Pool Rental 5:30 - 6:30 | 5-6 PM |
| 6-7 PM | | LAP 6:30 – 7:30 | LAP 6:30 – 7:30 | LAP 6:30 – 7:30 | Business Rental 6:30 – 7:30 | LAP 6:30 – 7:30 | | 6-7 PM |
| 7-8 PM | | | | | | | | 7-8 PM |
| | LCKR.RMS. CLOSE 5:45 | LCKR.RMS. CLOSE 7:45 | LCKR.RMS. CLOSE 7:45 | LCKR.RMS. CLOSE 7:45 | LCKR.RMS. CLOSE 7:45 | LCKR.RMS. CLOSE 7:45 | LCKR.RMS. CLOSE 6:45 | |

*Open - Shallow side of pool ONLY up to 3 1/2 feet deep, great for young children

We are currently accepting applications for Susan G Abraham Memorial Endowment Scholarship